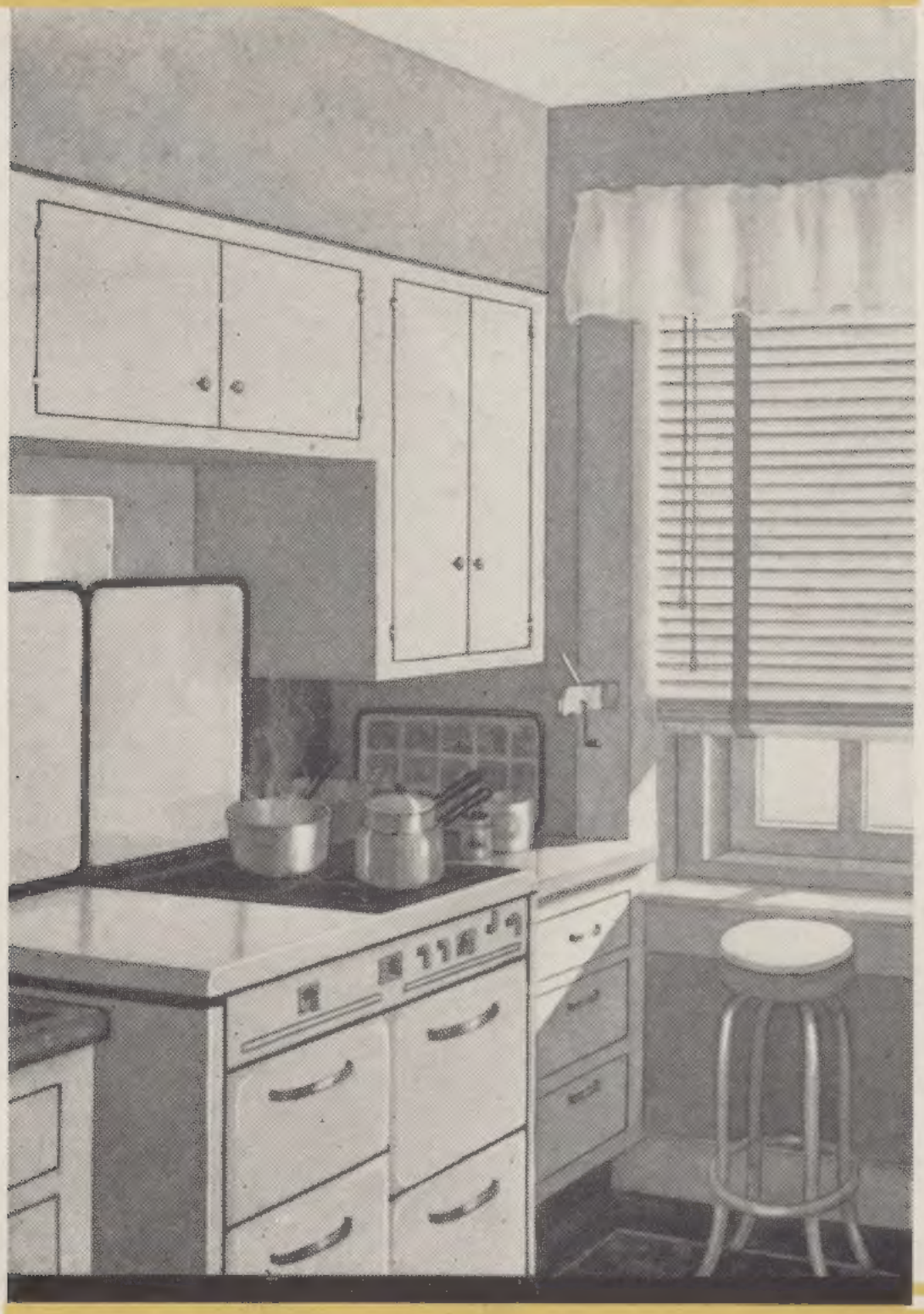

Every Day Recipes for Canned Foods

from the SERVICE KITCHEN

NATIONAL CANNERS ASSOCIATION

Foreword

THE RECIPES in this leaflet have been developed in the Service Kitchen of the National Canners Association. It is the first one of a series which will be published featuring family sized recipes for the use of canned foods. Additional copies are available upon request from

HOME ECONOMICS DIVISION
NATIONAL CANNERS ASSOCIATION
WASHINGTON, D. C.

LIST OF RECIPES

	Page
Asparagus Ex Ceptional	5
Corned Beef and Asparagus	5
Beans with Brown Butter	6
Spaghetti Luncheon Casserole	6
Baked Sauerkraut with Corned Beef Hash	7
Tomatoes with Beans	7
Kidney Beans—Frankfurters	8
Pea Ring	8
Celery Regal	9
Casserole of Shrimp	9
Clam Corn Casserole	10
Scalloped Tuna and Potatoes	10
Lima Bean Casserole	11
Salmon Fondue	11
Grapefruit Salad Dressing	12
Sardine Dressing	12
Orange Tomato Aspic	12
Corn Relish	13
Spartan Salad	13
Grapefruit Cranberry Salad	14
Fruit Compote	14
Cherry Mince Pie	15
Pumpkin Pie	15
Blackberry Meringue Pie	16
Kuchen Pudding	16
Loganberry Sherbet	17
Custard with Fruit	18
Pineapple Peach Crisp	18

ASPARAGUS EX CEPTIONAL

3 tablespoons flour
1 can ready-to-serve cream of mushroom soup
1 3-oz. can deviled ham
1 tablespoon butter
1 lb. can asparagus tips
toast

EX CEPTIONAL LUNCH

Tomato Juice
***Asparagus Ex Ceptional**
Mixed Green Salad
Peach Cobbler Tea

Mix the flour until smooth with one-half cup of the soup. Heat the remaining soup in a double boiler; add the flour mixture and cook until thickened, stirring constantly. Add the deviled ham, butter and stir until well mixed. Allow to heat for a few minutes to blend the flavors. Heat the asparagus tips; arrange on toast and serve with the sauce. Six servings.

CORNED BEEF AND ASPARAGUS

1 12-oz. can corned beef
1 tablespoon prepared horseradish
1 lb. can asparagus tips
1 8-oz. can tomato sauce
2 tablespoons grated cheese

SUPPER TO PLEASE ALL

***Corned Beef and Asparagus**
Shoe String Potatoes
Spiced Pears
Fig Pudding Tea

Chill the beef; remove from the can and cut in one-half inch slices. Arrange in a shallow, well greased baking pan and spread with the horseradish. Arrange three or four asparagus tips lengthwise on each beef slice. Cover with the tomato sauce, allowing the ends of the asparagus to show. Sprinkle with the cheese and bake in a moderately hot oven, 400 degrees, about 20 minutes. Six servings.

BEANS WITH BROWN BUTTER

1 No. 2 can green or wax beans
2 tablespoons butter
⅛ teaspoon nutmeg
dash pepper

DINNER FOR ANY NIGHT

Lamb Chops
Baked Potatoes
***Beans with Brown Butter**
Fruit Juice Sherbet
Cookies

Drain the liquid from the beans and reduce, by boiling, to about one-half cup. Brown the butter in a saucepan by heating and stirring it constantly until lightly browned; add the beans, liquid, nutmeg and pepper, and simmer together for a few minutes. Four to six servings.

SPAGHETTI LUNCHEON CASSEROLE

1 4-oz. can mushrooms, any style
¼ cup chopped onion
3 tablespoons butter
2 tablespoons flour
1 cup milk
¼ cup chopped canned pimientos
½ teaspoon salt
dash cayenne
¼ cup grated American cheese
1 lb. can spaghetti
½ cup buttered bread crumbs

BUSY DAY LUNCH

Cherry Juice
***Spaghetti Luncheon Casserole**
Artichoke and Carrot Salad
Toasted French Rolls
Fudge Pudding Tea

Drain and save the liquid from the mushrooms. Brown mushrooms and onion in the butter; add flour and blend well. Add milk and the liquid from the mushrooms and cook until thick and smooth. Add chopped pimientos and season with salt and cayenne; remove from heat and stir in the cheese. Combine with the spaghetti and place in a buttered baking dish. Top with bread crumbs and bake in a moderately hot oven, 400 degrees, about 20 minutes. Eight servings.

BAKED SAUERKRAUT WITH CORNED BEEF HASH

1 No. 2½ can sauerkraut
1 No. 2 can corned beef hash
1 cup canned tomato juice
2 tablespoons chopped onion
2 teaspoons prepared horseradish
1 strip bacon

A SUPPER FOR MEN

***Baked Sauerkraut with Corned Beef Hash**
Lettuce
Roquefort Dressing
Mustard Pickles Rye Bread
Apple Pie Coffee

Place the sauerkraut in the bottom of a shallow greased casserole. Mix together the corned beef hash, tomato juice, onion and horseradish, and spread over the sauerkraut. Cut the bacon into one-half inch strips and arrange on top of the hash mixture. Bake in a hot oven, 450 degrees, about 20 minutes. Eight servings.

TOMATOES WITH BEANS

1 No. 2 can cut green beans
1 No. 2 can tomatoes
4 strips bacon
4 tablespoons flour
1 tablespoon butter
1 cup milk
2 tablespoons minced onion
2 teaspoons sugar
salt
pepper
½ cup buttered crumbs

FOR SUNDAY OR COMPANY

Consomme
Roast Beef
Mashed Potatoes
***Tomatoes with Beans**
Jelly Sweet Pickles
Plum Pudding
Foamy Sauce
Coffee

Drain the liquid from the beans and tomatoes into a sauce pan and reduce, by boiling, to one cup. Cut the bacon into one-half inch strips and fry until crisp; remove from heat and stir the flour and butter into the bacon fat. Add the milk and the liquid from the vegetables and cook until thick and smooth, stirring constantly. Add the onion, sugar and season with salt and pepper to suit taste. Combine with the beans, tomatoes and bacon. Place in a shallow, buttered baking dish and top with buttered crumbs. Bake in a moderate oven, 375 degrees, 30 minutes. Ten servings.

KIDNEY BEANS—FRANKFURTERS

3 tablespoons butter
3 tablespoons flour
1 12½- or 15-oz. can frankfurters
2 No. 2 cans kidney beans

SUNDAY SUPPER
***Kidney Beans—**
Frankfurters
Cole Slaw with Pickles
Pineapple Lemon Sherbet

Brown the butter and flour together in a frying pan, stirring constantly. Add three-fourths cup brine from the frankfurters and stir until smooth. Remove from the heat and combine with the beans. Pour into a shallow, buttered baking dish. Cut the frankfurters in half lengthwise and arrange on top of the beans, pressing them lightly into the beans. Bake in a moderate oven, 375 degrees, about 30 minutes. Ten servings.

PEA RING

3 eggs
1 can ready-to-serve cream of onion soup
5 slices bread
½ teaspoon salt
½ teaspoon Worcestershire sauce
dash pepper
dash nutmeg
1 No. 2 can peas

A DIFFERENT LUNCHEON
***Pea Ring with Lamb Stew**
Cranberry Sauce Muffins
Spiced Peaches
Toasted Angel Food Cake
Coffee

Beat the eggs and combine with the soup. Break the bread into crumbs and add to the soup mixture; combine with the remaining ingredients and pour into a well greased ring mold (8½ inches in diameter). Place mold in a shallow pan of hot water. Bake in a moderately hot oven, 400 degrees, about 45 minutes or until an inserted knife blade comes out clean. Unmold on a chop platter. Fill the center of the ring with a canned entree such as stew, chicken curry or a la king, beef a la mode, or any favorite. Ten servings.

CELERY REGAL

1 No. 2 can celery hearts
½ cup canned ripe olives
¼ cup butter
toast

PARTY LUNCHEON
Chicken Supreme
***Celery Regal**
Almond Torte Coffee

Heat the celery. Cut the olives in pieces and saute in the butter. Arrange celery hearts on toast and serve with the olive butter. Six servings.

CASSEROLE OF SHRIMP

1 package thin noodles
1 12-oz. can whole kernel corn
2 5¾-oz. cans shrimp
1 8-oz. can sliced mushrooms
6 tablespoons butter
5 tablespoons flour
2 cups milk
½ pound strong American cheese
salt
pepper

CASSEROLE OF SHRIMP SUPPER
Grapefruit Salad
***Casserole of Shrimp**
Celery Pickles
Raspberry Jam
Black Cherry Gelatin
Coffee

Cook noodles until tender in boiling salted water, drain and place in a casserole. Arrange whole kernel corn, shrimp and sliced mushrooms over the noodles (save the liquid from the mushrooms and shrimp to use in making the sauce). To make cheese sauce: Melt butter in frying pan, add flour and stir until smooth, add the liquid from shrimp and mushrooms, the milk and cook until sauce is thick and smooth. Stir constantly. Add cheese, except for a portion to sprinkle over the top of casserole. Season with salt and pepper and pour sauce over other ingredients. Mix gently. Sprinkle the cheese over the top. Bake in a moderately hot oven, 400 degrees, until heated through or about 30 minutes. Ten to twelve servings.

Variation: Peas may be used in place of corn.

CLAM CORN CASSEROLE

1 7-oz. can minced clams
milk
3 eggs
1 tablespoon minced onion
2 tablespoons chopped canned pimientos
½ teaspoon salt
dash cayenne
1 cup cream style corn
½ cup cracker crumbs
1 tablespoon melted butter

HOME LUNCHEON

Fruit Cocktail
Wafers
***Clam Corn Casserole**
Combination Salad
Hot Rolls Jam
Lemon Tarts
Coffee

Drain the liquid from the clams, add enough milk to make one cup of liquid and combine with the beaten eggs. Add the remaining ingredients and pour into a buttered casserole. Bake in a moderate oven, 375 degrees, until firm or about 45 minutes. Six servings.

SCALLOPED TUNA AND POTATOES

1 No. 2 can potatoes
1 7-oz. can tuna fish
1 tablespoon diced onion
1 can condensed celery soup
salt
pepper
paprika

A FAMILY SUPPER

***Scalloped Tuna and Potatoes**
Buttered Spinach
Julienne Carrots
Pears with Soft Custard
Cookies Coffee

Slice the potatoes and flake the tuna. Fill a greased casserole with alternate layers of potatoes, tuna, onion, and celery soup until all are used. Season with salt and pepper to suit taste. Pour the oil from the tuna fish over the mixture. Sprinkle the top with paprika. Bake in a hot oven, 425 degrees, about 30 minutes. Six servings.

Variation: Salmon, shrimp, oysters or clams may be used in place of the tuna fish.

LIMA BEAN CASSEROLE

1 No. 2 can lima beans
1 can condensed Pepper Pot soup
1 cup inch cubes cooked ham
½ cup buttered bread crumbs

QUICK AND EASY SUPPER

***Lima Bean Casserole**
Mixed Vegetable Salad
Chilled Apricots

Combine the lima beans and soup with the ham and pour into a baking dish. Sprinkle the top with buttered crumbs and bake in a moderately hot oven, 400 degrees, about 30 minutes. Six servings.

SALMON FONDUE

5 slices bread
1 cup milk
2 tablespoons butter
1 cup canned salmon
3 eggs
salt
¼ cup grated American cheese

SUPPER FOR SIX

***Salmon Fondue**
Buttered Peas
Cole Slaw Spiced Peaches
Steamed Spiced Pudding
Coffee

Trim crusts from the bread and cut in one-half inch cubes. Heat the milk in the upper part of a double boiler. Add bread cubes, butter, liquid from salmon and well beaten egg yolks; season with salt to suit taste and cook until thickened, stirring constantly. Remove from heat and stir in the cheese. Cool for 10 or 15 minutes. Add flaked salmon. Beat egg whites until stiff and fold into the fondue mixture. Pour into a well greased baking dish. Set dish in a shallow pan of hot water and bake in a moderate oven, 375 degrees, about an hour or until an inserted knife blade comes out clean. Six servings.

Variation: Shrimp, tuna or minced clams may be substituted for the salmon. Use the oil and liquid on the fish in addition to the milk.

GRAPEFRUIT SALAD DRESSING

¼ cup butter
¼ cup sugar
⅛ teaspoon salt
1 tablespoon cornstarch
1 cup canned grapefruit juice
2 egg yolks
½ cup whipping cream

LUNCHEON FOR BRIDGE CLUB

Mixed Fruit Plate Salad
***Grapefruit Salad Dressing**
Hot Biscuits
Chocolate Ice Cream
Mint Sauce
Coffee

Melt the butter in a double boiler and add the sugar, salt, and cornstarch. Mix well and add the grapefruit juice. Stir in the slightly beaten egg yolks and cook until the mixture thickens. Cool. Combine with whipped cream when ready to serve. The dressing is good without the cream.

SARDINE DRESSING

Mix one-fourth cup mashed sardines with one-half cup sharp French dressing. Serve with mixed vegetable and lettuce salads.

ORANGE TOMATO ASPIC

1 tablespoon granulated gelatin
1 cup canned orange juice
¾ cup condensed tomato soup
¼ teaspoon salt
dash cayenne
½ cup diced celery

A HEARTY SUPPER

Pot Roast Brown Potatoes
Green Beans Dill Pickles
***Orange Tomato Aspic**
Pineapple Upside Down Cake
Coffee

Soften the gelatin in one-half cup of orange juice for five minutes. Dissolve over hot water and combine with remaining orange juice. Mix well and add the tomato soup, salt and cayenne. Chill and when the aspic begins to congeal add the celery. Pour into molds and chill. Six servings.

CORN RELISH

1 No. 2 can whole kernel corn
2 cups sweet pickle relish
½ cup liquid from corn
½ cup cider vinegar

BUFFET SUPPER

Assorted Cold Meats
***Corn Relish Ripe Olives**
Casserole of Spaghetti
Cherry Pie Coffee

Combine all of the ingredients and cook together for 10 minutes, stirring occasionally. Serve with fish or hot or cold meats.

SPARTAN SALAD

1 tablespoon granulated gelatin
1 No. 2 can mixed vegetables for salad
1 pint cottage cheese
1 cup mayonnaise
¼ teaspoon salt
dash tabasco sauce
1 tablespoon prepared mustard
1 No. 2 can beets, any style
lettuce
French dressing

BUFFET SUPPER

***Spartan Salad**
Assorted Cold Meats
Casserole of Ravioli
Celery Ripe Olives
Toasted French Bread
Pineapple Ice Cream
Sponge Cake
Coffee

Soften the gelatin for 5 minutes in one-half cup of the liquid from the vegetables. Dissolve by placing over hot water and combine with the remaining juice drained from the vegetables. Mix together the cottage cheese, mayonnaise, salt, tabasco sauce and mustard, and combine with the gelatin mixture. Add the vegetables and mix lightly. Pour into a ring mold and chill until firm. Marinate the beets in French dressing for at least 30 minutes. Unmold the salad on a chop plate; garnish with lettuce leaves and fill the center with the diced beets. Serve with French dressing. Ten to twelve servings.

GRAPEFRUIT CRANBERRY SALAD

1 tablespoon granulated gelatin
½ cup water
1 No. 2 can grapefruit
1 No. 300 can cranberry sauce

IMPROMPTU SUPPER

Baked Beans
Brown Bread
***Grapefruit Cranberry Salad**
Coffee

Soften the gelatin in the water for five minutes and dissolve over hot water; combine with the juice from the grapefruit. Slice the cranberry sauce; cut into sections and arrange with the grapefruit in a ring mold (8½ inches in diameter), add the gelatin mixture and chill until firm. Eight to ten servings.

This would make a nice dessert salad.

FRUIT COMPOTE

1 No. 2½ can whole apricots
1 No. 2 can Royal Anne cherries
1 No. 2 can Green Gage plums
½ cup sugar
½ lemon
2 tablespoons diced candied ginger

AN EASY DINNER

Swiss Steak Hominy
Buttered Peas
Celery Ripe Olives
***Fruit Compote Coffee**

Drain the juice from the fruits and add the sugar. Cut the peel from the half lemon in thin strips, without the white portion. Add the peel, lemon juice and ginger to the fruit juice and bring to a boil. Simmer about 10 minutes. Add to the fruit and chill over night or for several hours before serving. Ten to twelve servings.

Variation: Other fruits, such as peach or pear halves or pineapple chunks, may be used.

CHERRY MINCE PIE

1 No. 2 can pitted red cherries
1 cup mincemeat
1 tablespoon granulated tapioca
pastry

DINNER FOR A COOL NIGHT

Roast Lamb
Brown Potatoes
Scalloped Tomatoes
Spiced Pears
***Cherry Mince Pie**
Coffee

Combine the cherries and juice with the mincemeat and the tapioca and allow to stand about 15 minutes. Pour into an unbaked, 9 inch pastry shell and criss-cross the top with strips of pastry. Bake in a hot oven, 450 degrees, about 25 minutes, or until well browned.

PUMPKIN PIE

1 ¾ cups canned pumpkin
½ teaspoon cinnamon
¼ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
¾ cup sugar
2 eggs
2 tablespoons melted butter
1 ½ cups milk
pastry

A FAVORITE SUNDAY DINNER

Tomato-Clam Juice Cocktail
Fried Chicken
Corn on the Cob
Candied Sweet Potatoes
Cranberry Jelly
Hot Baking Powder Biscuits
***Pumpkin Pie** **Coffee**

Mix together the pumpkin, spices, salt and sugar. Add the beaten eggs and butter. Scald the milk and stir into the pumpkin. Line a 9-inch pie pan with pastry and fill with the pumpkin mixture. Bake in a hot oven, 425 degrees, for 15 minutes, then reduce heat to a moderate oven, 350 degrees, and continue baking about 30 minutes, until firm and crust is well browned.

BLACKBERRY MERINGUE PIE

⅓ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
¼ teaspoon cinnamon
1 No. 2 can blackberries
2 tablespoons lemon juice
1 tablespoon butter
1 8-inch baked pastry shell
2 egg whites
4 tablespoons sugar

A SATISFYING DINNER

Onion Soup
Roast Pork Peas
Parsley Potatoes
Spring Salad
Hard Rolls Relish
***Blackberry Meringue Pie**
Coffee

Combine the one-third cup sugar, cornstarch, salt and cinnamon with the syrup drained from the blackberries. Cook in a double boiler until smooth and thick, stirring constantly. Continue cooking for 10 minutes; remove from heat and add the lemon juice, butter and berries. Pour into the pastry shell.

To make the meringue: Beat the egg whites until stiff; add the sugar gradually and beat until it will stand in peaks. Spread over pie and bake in a moderate oven, 350 degrees about 15 minutes or until well browned.

Variation: Blueberries, raspberries, strawberries, gooseberries or loganberries may be substituted for blackberries.

KUCHEN PUDDING

PUDDING

1½ cup flour
½ teaspoon salt
2 teaspoons baking powder
½ cup shortening
⅓ cup sugar
1 teaspoon vanilla
1 egg
¼ cup milk
¼ cup syrup from apricots

TOPPING

1 No 2 can apricots
1½ tablespoons butter
1½ tablespoons flour
4 tablespoons sugar
½ teaspoon cinnamon

To make the topping: Drain the juice from the apricots saving one-fourth cup of it to combine with the milk in the

pudding. Boil the remaining juice about 5 minutes, cool and combine with the butter, flour, sugar and cinnamon.

To make the pudding: Sift the flour, measure and sift again with the salt and baking powder. Cream together the shortening, sugar and vanilla. Add the well beaten egg. Mix the milk and the one-fourth cup apricot syrup together and add alternately with the flour to the creamed mixture. Pour into a greased pan (8 x 8 inches). Arrange the apricot halves on the top, pressing them down into the batter. Pour the topping over the pudding. Bake in a moderate oven, 375 degrees, about 45 minutes.

Variation: Sliced peaches or pineapple chunks may be used in place of apricots.

LOGANBERRY SHERBET

2 teaspoons granulated gelatin
¾ cup water
¾ cup sugar
¼ teaspoon salt
¼ cup orange juice
1 teaspoon grated orange rind
1 12-oz. can loganberry juice
½ cup whipping cream

A VERY GOOD DINNER

Asparagus Soup
Breaded Veal Chops
Baked Potatoes Beets
Lettuce French Dressing
***Loganberry Sherbet**
Coffee

Soften the gelatin in one-fourth cup water. Combine the remaining water with sugar and salt and bring to boiling point. Remove from heat, add softened gelatin, orange juice and rind and stir until the gelatin is dissolved. Add the loganberry juice. Cool. Place in a freezing tray of a mechanical refrigerator. When the mixture is frozen to the mushy stage remove to a bowl and beat with a rotary beater. Fold in the whipped cream and finish freezing. Evaporated milk may be whipped and used instead of the whipping cream. Six servings.

Variation: Any of the fruit juices or combinations of juice and pulp available under different trade names may be substituted for the loganberry juice.

CUSTARD WITH FRUIT

3 eggs
3 cups milk
¼ cup sugar
¼ teaspoon nutmeg
1 teaspoon vanilla
¼ teaspoon lemon extract
¼ teaspoon salt

A POPULAR DINNER
Tomato Juice Wafers
Baked Ham Mustard Sauce
Scalloped Potatoes
Buttered Green Beans
***Custard with Fruit**

Beat the eggs slightly and combine with the remaining ingredients. Pour into a basin (6 inches wide and 2½ inches deep). Place in a shallow pan of hot water and bake in a moderate oven, 375 degrees, about 35 minutes or until an inserted knife blade comes out clean. Chill. Unmold on a chop plate and surround with canned fruit. Six to eight servings.

Variation of fruits: Plums, prunes, peaches, apricots, pineapple chunks, white cherries or berries may be used.

PINEAPPLE PEACH CRISP

7 slices bread
¼ cup butter
⅔ cup brown sugar
1 No. 2 can crushed pineapple
1 cup canned sliced peaches
¼ cup shredded almonds

CHOW MEIN LUNCHEON
Chicken Broth
Chow Mein Noodles
Radishes
***Pineapple Peach Crisp**

Spread both sides of the bread with butter. Cut the bread in squares or strips and arrange part of them in the bottom of a shallow pan (8 x 8 inches). Sprinkle with half the sugar, pour the pineapple and peaches over the mixture and sprinkle with the almonds and remaining sugar. Cover with remaining bread squares and bake in a moderate oven, 375 degrees, about 35 minutes. Serve with whipped cream. Eight to ten servings.